

Virat wishes 'better half'
Anushka on 37th b'day: We love
you so much more everyday



As his “better half” turned 37 on Thursday, star cricketer Virat Kohli penned a mushy note for Anushka Sharma, whom he called his best friend and safe space. Virat took to Instagram, where he shared a picture of himself with his wife Anushka. The image shows the couple warmly embracing each other outdoors in a natural setting. Virat can be seen wearing a light beige shirt and matching shorts, along with round glasses and a smartwatch. He has a beard and tattoos on his left arm. Anushka is wearing a sleeveless white top with matching white shorts. The two are looking at the camera and smiling. “To my best friend, my life partner, my safe space, my better half , my everything. You’re the guiding light of all our lives, We love you so much more everyday. Happy birthday my love,” Virat wrote as the caption. Anushka and Virat got married in 2017 in Tuscany, Italy, amidst family and close friends. They welcomed their firstborn, a daughter named Vamika, in 2021. They had their son, whom they named Akaay, in 2024. In other news, the couple is moving to London. Bollywood actress Madhuri Dixit's husband, Sriram Nene, spoke about the topic during a chat with YouTuber Ranveer Allahbadia, saying that it was becoming increasingly difficult for both the stars to raise their children in India due to the spotlight. “They were thinking about moving to London because they can’t enjoy their success (here). Anything they do attracts attention. We almost become isolated,” Nene had said in the podcast. He added, "Anushka and Virat are lovely people who just want to raise their kids normally." On the acting front, Anushka was last seen on screen in the 2018 film “Zero.” She will next be seen in “Chakda Xpress,” a biopic of Jhulan Goswami.

Essay on conservation of nature for students

Conservation of Nature is one of the most important essays writing topics for students of all classes. The need for conservation of nature and various measures for conservation of natural resources are included in the academic syllabus for almost all classes. The essay is written in an easy-to-understand manner, so as to help the kids to learn and remember the important points for writing this essay. Nature is the source of energy, source of light, source of oxygen, and in turn, source of life. We are nothing without nature and its components. With an increase in human growth and science, we tend to focus on everything but nature. Building bridges, cities, buildings are not only development but also a setback for nature because all we end up doing is cutting off trees, erasing the environment, and creating a ruckus for nature. Nature has been providing us with everything, be it water, rain, sunlight, oxygen, shelter, or whatnot. In short, nature is the solution to almost all problems. All we need to do is prevent the human race from oblit-



erating to further obliterate nature. The process of doing this is generally known as conservation. We need to conserve nature, we need to conserve life. Conserving nature is one way of storing something fruitful for our future self, or the future generation. It is like investing money in a bank, which in turn lets you have more than what you invested eventually. To conserve nature would be equal to conversing with the human race. We need to start thinking about it. It might seem like a small or negligent topic to talk about but honestly, nature is getting worse with every passing day and we have to start preserving it today. There is not much needed to conserve nature. We don't have to give in our everything or leave other things to achieve this one goal, no. All we have to do is take small steps, every day. Small steps like trying to save even one ounce of water each day, or trying to plant at least one plant from your side, or trying to lessen air pollution from your side. Nature doesn't ask much from us. To achieve this goal, we also need to know to have knowledge about a few other things such as our natural resources. Natural resources are classified into two groups, named, Renewable and Non-Renewable. Non-Renewable resources are

those resources that can be recharged, such as solar panels, geothermal, and so on. On the other hand, Non-renewable petrol renewable resources are the ones that cannot be recharged such as fuels, petrol, and so on. We need to let renewable resources overpower non-renewable resources. The other thing is being aware of the 3Rs technique, i.e., Reduce, Recycle, Reuse. If we pledge to follow these small rules and live by them, we can achieve a lot more than just nature's conservation. With an increase in human growth and science, we tend to focus on everything but not nature. Nature is the source of energy, source of light, source of oxygen, and in turn, source of life. We are nothing without nature and its components. Humans are constantly Building bridges, cities, buildings are not only development but also a setback for nature because all we end up doing is cutting off trees, erasing the environment, and creating a ruckus for nature. When we do something to conserve and protect nature, nature will give tremendous benefits for the survival of human beings on Earth.

GK on Sports



1. When was the Athletics Federation of India formed in India?
[A] 1936 [B] 1943
[C] 1962 [D] 1972
2. Which Tennis player won the Wimbledon men's single title in 2023?
[A] Novak Djokovic
[B] Rafael Nadal
[C] Carlos Alcaraz
[D] Stephano Tsitsipas
3. Synchro, which was seen in the news, is associated with which sports?
[A] Shooting
[B] Swimming
[C] Archery
[D] Cricket
4. Which state of Australia announced not to host 2026 Commonwealth Games due to projected exceeding expenditures.?
[A] Victoria
[B] Queensland
[C] Tasmania
[D] New South Wales
5. Which country hosted the Asian Surfing Championship 2023?
[A] India
[B] Maldives
[C] Mauritius
[D] Bangladesh
6. Which Indian becomes fifth highest run-scorer in international cricket, after surpassing South Africa's Jacques Kallis?
[A] Ravindra Jadeja

- [B] Scotland
[C] Nepal
[D] Indonesia
11. Which country has won the title of 'World Squash Championship' in 2023?
[A] India [B] Egypt
[C] China [D] Japan
12. Abhishek Verma, who was seen in the news, is associated with which sports?
[A] Archery
[B] Shooting
[C] Tennis
[D] Cricket
13. Which country is the host of the SAFF Championship in 2023?
[A] Nepal
[B] India
[C] Sri Lanka
[D] Bangladesh
14. Sutirtha Mukherjee and Ayhika Mukherjee are associated with which sports?
[A] Badminton
[B] Tennis
[C] Table Tennis
[D] Squash
15. How many medals were won by India in the 'Special Olympics World Games 2023'?
[A] 101 [B] 202
[C] 303 [D] 404

Answer
1. B, 2. C, 3. B, 4. A, 5. B, 6. C, 7. B, 8. C, 9. C, 10. B, 11. B, 12. A, 13. B, 14. C, 15. B.

Chemistry



1. Which of the following are the most and the least electronegative elements in the periodic table?
[A] Fluorine and Caesium
[B] Hydrogen and Helium
[C] Carbon and Oxygen
[D] Chlorine and Fluorine
2. Haematite & Magnetite are _____.
[A] Iron Ores
[B] Copper Ores
[C] Manganese Ores
[D] Zinc Ores
3. Calcium Magnesium Silicate is commonly called as _____.
[A] Asbestos
[B] Borax
[C] Baking Soda
[D] Washing Soda
4. Which of the following is used as a coagulant for removal of phosphates from wastewater?
[A] Aluminium sulphate
[B] Iron sulphate
[C] Copper sulphate
[D] Potassium chromate
5. Which of the following is the correct order of composition of biogas released through anaerobic biodegestion system?
[A] Methane > Carbon dioxide > Nitrogen > Hydrogen
[B] Carbon dioxide > Nitrogen > Methane > Hydrogen
[C] Nitrogen > Hydrogen > Carbon dioxide > Methane

[D] Hydrogen > Nitrogen > Methane > Carbon dioxide

List of important books

1. Who is the author of the book “Veerappan: Chasing the Brigand”?
[A] Kapish G. Mehra
[B] K. Vijay Kumar
[C] Shekhar Gupta
[D] D.R. Karthikeyan
2. Who is the author of the book “Army and Nation : The Military and Indian Democracy since Independence”?
[A] Shiv Kunal Verma
[B] Christophe Jaffrelot
[C] Bruce Riedel
[D] Steven Wilkinson
3. Who is the author of the book “Jobless Clueless Reckless”?
[A] Suzanne Sangi
[B] Munal Pawar
[C] Himanjal Sankar
[D] Revathi Suresh
4. Who is the author of the book “Lincoln in the Bardo”?
[A] Junot Diaz
[B] George Saunders
[C] Marie Claire
[D] Zadie Smith
5. Who is the author of the book “The Secret Diary of Kasturba”?
[A] Neelima Dalmia Adhar
[B] Aruna Chakravarti
[C] Som Sharma
[D] Narendara Verma
6. Who is the author of the book ‘Matoshree’?
[A] Sumitra Mahajan
[B] Narendra Modi
[C] Venkaiah Naidu
[D] Sushma Swaraj
7. Who is the author of

- “Divine Comedy”?
[A] Goethe
[B] Milton
[C] Dante
[D] Shakespeare
8. Who among the following was the author of “Jaisalmer ka Gundaraj”?
[A] Hari Singh Burdak
[B] Sagarmal Gopa
[C] Kesari Singh Barahath
[D] Arjun Singh Gurjar
9. Who among the following is the author of the famous book “Silent Spring” which is credited for being of much help in launching the environmental movement?
[A] Ian Lowe
[B] Pat Hutchings
[C] Mike Kingtonsford
[D] Rachel Carson
10. Who among the following was the author of the book “Unhappy India” written as a response to the book “Mother India”?
[A] Lala Lajpat Rai
[B] Lala Hardayal
[C] Mahatma Gandhi
[D] Balgangadhar Tilak
11. Who is the author of the book “The Unquiet River: A biography of the Brahmaputra”?
[A] Romila Thapar
[B] Irfan Habib
[C] Arupijyoti Saikia
[D] Upinder Singh

Answer

1. B, 2. D, 3. D, 4. B, 5. A, 6. A, 7. C, 8. B, 9. D, 10. A, 11. C.

MCQ on miscellaneous

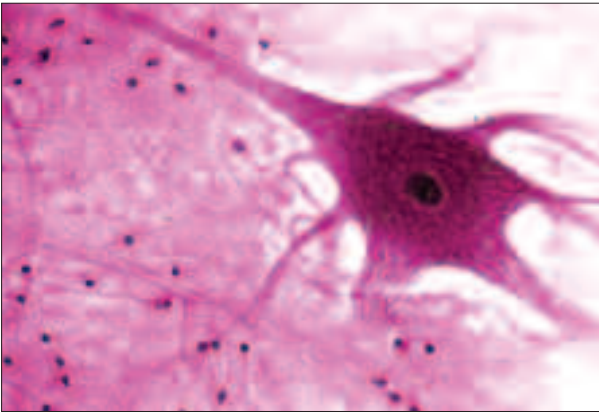


1. Recently, who was honored with the ‘International Culture Award 2024’?
[A] Rizwana Hasan
[B] Meena Charanda
[C] Najla Mangoush
[D] Taif Sami Mohammed
2. What is the name of the Iranian fishing vessel which was recently rescued by Indian Navy from pirates?
[A] Bayandor
[B] Kaivan
[C] Sahand
[D] Al Kambhar
3. Point Calimere Wildlife Sanctuary, recently seen in news, is located in which state?
[A] Kerala
[B] Tamil Nadu
[C] Andhra Pradesh
[D] Maharashtra
4. India Gaming Report 2024, recently seen in news, released by which organization?
[A] Interactive Entertainment and Innovation Council and WinZO
[B] All Indian Gaming Federation and Enigma Gaming
[C] Indian Digital Gaming Society and BLAZE Esports
[D] All Indian Gaming Federation and Dream 11
5. Konda Reddi tribe, recently seen in news,

- is primarily inhabits in which state of India?
[A] Andhra Pradesh
[B] Odisha
[C] Jharkhand
[D] Kerala
6. What is ‘J-slab ballastless track system’, recently seen in news?
[A] To analyze the impacts of industrial pollutants on public health
[B] System that promotes agricultural exports at grass-root level
[C] Type of railway track used for high speed trains
[D] To study the prevalence of infectious disease in rural areas
7. Mataberi Pera & Pachra, recently got a GI tag, belongs to which state?
[A] Tripura
[B] Assam
[C] Mizoram
[D] Nagaland
8. Katchatheevu Island,

- recently seen in news, is situated between which two countries?
[A] India and Bangladesh
[B] India and Myanmar
[C] India and Sri Lanka
[D] Spain and France
9. Recently, how many sites have been added to the Global Geoparks network?
[A] 16 [B] 17
[C] 18 [D] 19
10. Recently, which two countries have partially joined the Schengen area, the ID-check-free travel zone in Europe?
[A] Poland and Spain
[B] Romania and Bulgaria
[C] Sweden and Portugal
[D] Denmark and Ireland
11. What is ‘Senna spectabilis’, recently seen in news?
[A] Highly invasive tree
[B] Asteroid
[C] Exoplanet
[D] Black hole

Details overview of Nervous tissue



- Contains two different cells – neurons and glial cells
 - It consists of dendrites, ends of the cell body, axons, and nerves.
 - The neurons secrete chemical neurotransmitters that stimulate other neurons as a result of stimuli
 - Presence of axonal terminal specializations called synapsis
 - Nerve cells live long, can't be broken and replaced (except memory cells)
- Function of Nervous Tissue:**
- Neurons produce nerve impulses and execute certain impulses. They produce electrical signals that are transmitted over distances by secreting neurotransmitters of chemical substances
 - Reacts to stimuli
 - Carries out integration and communication
 - Provides electrical insulation and removes debris to nerve cells
 - Carries messages from
- Characteristics of Nervous Tissue:**
- Nervous tissue compensates for nervous system CNS and PNS

other neurons to the cell body

Types of Nerves: The signals generated and initiated in the CNS (central nervous system) typically from the brain and in some cases, the spinal cord, approach the outer edge of sites, such as the internal organs or limbs that are conducting the specified organ of interest in order to take appropriate action.

The functioning of the nerves is accomplished by channeling electrochemical signals or impulses from the other nerves or brain or tissues or organs at which the nerves end up. Nerves can be classified into the following, based on functionality:

Motor Nerves: Motor neurons or motor nerves are capable of transmitting signals or impulses to all the muscles of the body from the spinal cord to the brain. The impulse allows for basic activities such as speaking, walking, drinking water, blinking eyes, sitting, sleeping, etc. Motor neuron damage can cause muscle weakness or muscle shrinkage. The nerve that goes from the bottom up to the buttocks is known as the sciatic nerve. The sciatic nerve allows the whole leg which is a collection of different nerves. Some of those motor nerves work in the hamstrings, feet, thighs, and feet.

Sensory Nerves: The sensory nerves or sensory neurons are responsible, in contrasting directions,

for generating impulses or signals from another type of nerves known as motor neurons. The neurons of the senses gather information from the sensors present in the muscles, skin, and other internal organs such as pressure, pain, temperature, etc. which in turn redirect it back to the brain and spinal cord. Such sensory nerves have the ability to transmit information relevant to the movement (except for the pupils, as they do so themselves). Damage to the sensory nerves may cause numbness, discomfort, tingling sensation, and hypersensitivity.

Autonomic Nerves: The network of autonomic nerves regulates the actions of the heart muscles, including smooth muscles that are found in the stomach and interlinking glands and other organs. The autonomic nerves regulate the non-controlled, i.e. unconscious functions.

Cranial Nerves: On the lower side of the brain, there are 12 pairs of cranial nerves developing. The cranial nerves identified from forehead to back are listed below: Oculomotor Motor, Trochassis, Trilogue, Enlists, Facial Nerve, Vestibulo Chloride, Lyme Pharyngeal, Wagons, Accessory in the spinal cord. Nerves with hypoglossal cranial nerves are crucial in smell, vision, movement of the face and eyes, movements of the tongue, and salivation.